

The Size of the Problem

The Size of the Problem

1. When I unpacked my back pack at school, I discovered I had left my lunch at home.

2. I secretly took my sister's bracelet which had a gold heart attached to it. When I looked at it later in the day, the heart was missing.

3. I called my friend up to see if he could come over and play a video game with me. He told me he couldn't because he had homework to do.

4. Every morning, I walk to school and I pass through a gate in the fence. A group of boys stop me and tell me I can't go through unless I give them something.

5. I forgot to bring my homework home and I need to hand it in tomorrow morning.

6. I wanted pizza for lunch, but they ran out of it in the cafeteria before I got to it.

7. My best friend was with a group of boys playing soccer. When I asked if I could play, one of the boys told me that they already had enough people.

8. I am late for school. The teacher said I need to go to the office to get a late slip before I can go to class.

9. I fell off the climbing wall 'now!

10. My teacher told me to move to a different part of...

The Size of the Problem

crisis
big
medium
small
glitch

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36 Task Cards for Social Skills Development

updated



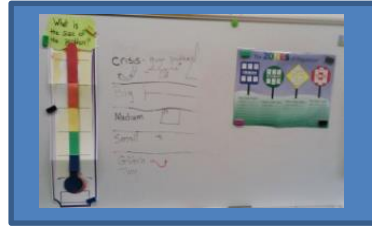
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The Size of the Problem *updated 7/2019*

I created these cards to use in a social skills class that was using materials from Leah Kuyper's, The Zones of Regulation® (www.zonesofregulation.com) and Michelle Garcia Winner's [Social Thinking®](#). They are used to identify emotions and how they fall into the 5 zones. For a brief overview, the Zones are 5 color coded signs that rank from the lowest blue zone of low alertness which relates to being calm, to the red zone of heightened alertness which relates to high intensity feelings such as anger or fear.



These colors and zones can also be used when talking about the size of a problem. Students determine if a problem is at the lowest level which would be a glitch in our day or at the highest level such as a crisis difficult to correct. Other problems may fall somewhere in between. When compared with the zones of regulation students can see if their emotional reaction is appropriate to the problem in comparison to other problems. This also leads to talking about possible solutions.

When starting this unit, I found it difficult to find appropriate scenarios for the students to rate. They came up with some on their own but typically did not think of the full range. You would be surprised at how much comes in as being a crisis. There are 35 cards with written scenarios. There is one blank card that can be used to make your own. The scenarios are ones that are common to students. I used Ned's head for younger students. Ned's head is a good way to add humor to the situation and remind students that they may be thinking and seeing from one perspective inside their head. They can step out to see another perspective and problem solve.



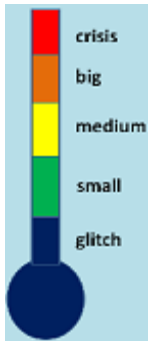
These cards are also part of my social skills bundle which includes:

The Size of the Problem, Bad Thing Good Thing Perspective Taking Activity, It's How You Say It, Unexpected and Expected Behavior Task Cards, Reply to a Comment Task Cards.

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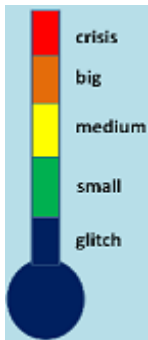
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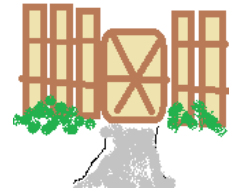
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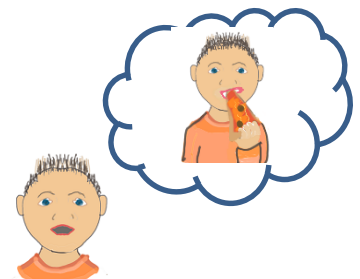
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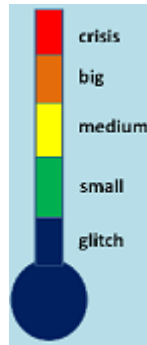
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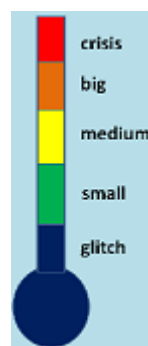
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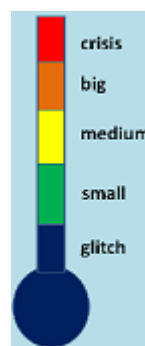
9. I fell off the climbing wall and now my arm really hurts.



10. My teacher told me to move to a different part of the room because I am talking too much to my neighbor.



11. My name is Morty and another student keeps calling me Shorty Morty on the playground.



12. I lost my house key and now I don't know how I will get in my door when I get home from school.

